633935 - 1/10 LB Battered Pollock Wedges, 3 oz, Kosher, CN

High Liner Foodservice Battered Pollock Wedges are a great choice for Child Nutrition applications and more. Here, premium wild caught Pollock are dipped in a signature seasoned, kid-friendly batter, and fry or bake from frozen to crunchy, tender flaky fish perfection in minutes. A highly versatile, easy to prepare option for a variety of battered fish applications.





MARKETING



Nutrition Facts

53 Servings per container

Serving Size

Amount Per Serving Calories

0%

4%

1 Portion (84a)

	% Daily Value*
Total Fat 7 g	9%
Saturated Fat 1 g	5%
Trans Fat 0 g	

8% Cholesterol 25 mg Sodium 460 mg 20% **7**%

Total Carbohydrates 18 g Dietary Fiber 0 g 0% Total Sugars 0 g

Includes 0 g Added Sugars

Protein 9 g Vitamin D 1 mcg 6% Calcium 9 mg 0% Iron 1 ma 6%

The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS

Code	Dist Prod Code GTIN		Calculated Pack	
10022249	633935	00079149222499	1/10 LB	

Brand	Brand Owner	GPC Description
High Liner Foodservice	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11 LBR	10 LBR	No	United States	Yes	Yes

Shipping						
Length Width Height Volume TIxHI Shelf Life Storage Temp From/To					Storage Temp From/To	
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

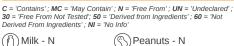
ALLERGENS



SERVING SUGGESTIONS



served as fish and chips paired with your fries and coleslaw, or your own complementary choices.







(M) Shellfish - NI

Fish - C





Keep Frozen



Ideal as a school lunch entrée or sandwich, or

INGREDIENTS

Potassium 155 mg

48.0% POLLOCK, 52.0% BATTER AND BREADING: WATER, YELLOW CORN FLOUR, WHEAT FLOUR, BLEACHED WHEAT FLOUR, MODIFIED CORN STARCH, SALT, ENRICHED YELLOW CORN FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), IODIZED SALT, SPICES. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: POLLOCK (FISH), WHEAT

HANDLING SUGGESTIONS



PREPARATION & COOKING SUGGESTIONS

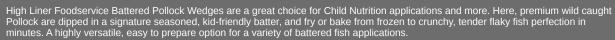
COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 4-6 minutes. TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVENTIONAL OVEN:

Bake at 425°F for 16 - 18 minutes. For best results, flip halfway through baking. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

MORE INFORMATION



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NUTRITIONAL ANALYSIS

Calories	170
Protein	9 g
Total Carbohydrates	18 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	25 mg
Vitamin D	1 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	460 mg
Calcium	9 mg
Iron	1 mg
Potassium	155 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

KOSHER YES

JSHER YES

MORE IMAGES







